

Bicycle Rules of the road.

- Ride with traffic as near to the right side of the road as practical.
- Never ride against traffic.
- Obey all traffic signals and stop signs. At intersections, ride in the rightmost lane that goes in your direction.
- Wearing a helmet significantly reduces your risk of severe head injury.
- When riding at night, use front (white) and rear (red) lights and wear bright or reflective clothing.
- Ride in a predictable manner and use hand signals to make lane changes and turns.
- Always be aware of your surroundings and be aware that you may be less visible to drivers of larger vehicles.
- Maintain control of your bicycle and never ride under the influence of drugs or alcohol.
- Ride no more than two abreast and single file on heavily-traveled roads.
- Keep an eye on the road ahead to avoid road hazards such as potholes, gravel, broken glass and drainage grates.

When choosing a helmet, look for:

ANSI, ASTM, CPSC or Snell Stickers

Indicate that the helmet meets safety standards

Outer Shell

Covering made of hard plastic or fiberglass

Expanded Polystyrene Liner

Cushion to protect the head

Reinforcement

Nylon webbing runs through polystyrene shell to keep helmet intact and in place upon impact

Foam Sizing Pad

Helps to keep helmet from moving when worn

Chin Strap

Can be adjusted to keep helmet level and snug

Vents

Designed to release heat and keep rider's head cool



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Traffic Safety & Bicycle Helmets



Importance of helmet use and bike safety

Why should I wear a helmet?

When cycling, a bicycle helmet reduces the impact of a blow to the head.

What makes a helmet comfortable?

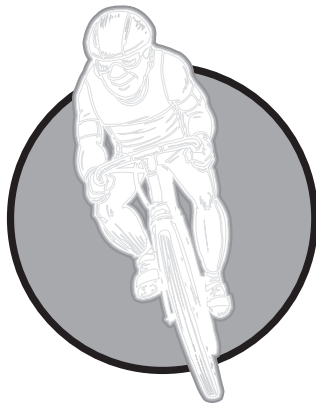
Fit: The helmet has to be the right size and should cover the entire head. Pads or other devices should be included for an individualized adjustment.

Strap System: The strap system has to hold the helmet in place without getting too tight and be simple to adjust. (If straps are too loose, the helmet slips backwards).

Visibility: Especially for younger people, guarantee visibility by using bright colors or reflective tapes/areas on the helmet.

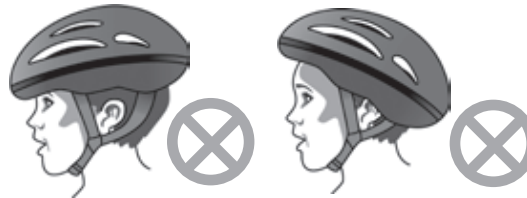
Ventilation:

The helmet needs good ventilation to release heat from the head.



When do I need to replace a helmet?

- If it was involved in a crash
- If it does not fit correctly
- If it was made in the 1970s
- If the outside is foam or cloth instead of shiny plastic
- If it lacks the ASTM, ANSI, CPSC or Snell sticker
- Replace the buckle if it breaks or cracks



Use these tests to check for proper fit.

(If straps are too tight, the helmet slips forward).

1. The shake test: Shake your helmet from side to side. Proper strap adjustment and foam sizing pads should hold it snugly in place.
2. The open mouth test: When you buckle the chin strap and open your mouth, you should feel the helmet press firmly against the top of your head.
3. The peel-off test: If you can “peel” the helmet off your head to the front or rear when the chin strap is fastened, the straps need to be tightened.

What is the proper way to wear a helmet?

(Properly adjusted, the helmet covers the front and back of the head).

1. The plastic pieces connecting front and rear straps should rest at the corner of your jawbone, below your ears.
2. With the helmet level on your head, the straps must be tight as you fasten the chin strap.
3. Excess chin straps can be trimmed and the cut edge melted to prevent fraying.

Remember, a helmet offers the best protection only when worn, and worn correctly.

